

EXERCISE SCIENCE

SCHOOL OF ARTS & SCIENCES

Exercise science practitioners inspire others to better their health and performance

A degree in exercise science prepares students to enter a variety of work environments and support others on their health and fitness journeys. Students can earn two certificates* while they complete their degree:

- Group exercise instructor
- Personal trainer

Students will also be prepared for their exams after graduation in:

- National Strength & Conditional Association
- Exercise Physiologist

The program also provides the perfect foundation for graduate programs in: nutrition and dietetics, occupational therapy, kinesiology, medical school, athletic training, sports psychology, sports marketing & management, physical therapy or a physician's assistant program.

Through Mount Mary's exercise science program, students will learn:

- Science and psychology
- Body mechanics and physiology
- Exercise modes and monitoring physical responses for diverse populations
- Professional standards for personal training and/or group exercise
- Ethics and motivation of exercise science

*Certification/Licensure

The exercise science program provides students the opportunity to obtain three certifications while completing the degree. The certifications are as follows:

- National Academy of Sports Medicine: Personal Trainer Certification
- Athletics and Fitness Association of America: Group Fitness Instructor Certification
- American College of Sports Medicine: Exercise Physiologist Certification
- National Strength & Conditioning Association

Facilities and Technology

Classes will take place in the newly re-imagined Caroline Hall Gym and Fitness Center. These facilities will be shared with Mount Mary's Blue Angel Athletes for training, body mechanics and group exercise classes. There will also be a biometrics lab specifically designed for exercise science in Notre Dame Hall.

CAREER OPPORTUNITIES

The Bureau of Labor Statistics projects a 23% growth in employment of Exercise Science professionals from 2016-2026. Students graduating with a degree in exercise science might pursue careers in one of the following areas:

- Exercise physiologist
- Health coach / wellness coach
- Cardiac rehab specialist
- Corporate wellness
- Health and wellness coordinator
- K-12 physical educator
- Fitness center management
- Fitness coordinator

LEARN MORE ONLINE

For additional information about Mount Mary University's exercise science major, please visit mtmary.edu/academics.

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EXAMPLE FOUR-YEAR PLAN

EXERCISE SCIENCE | 120 CREDITS

MAJOR

CORE

ELECTIVES

FIRST YEAR			
FALL Courses		SPRING Courses	
First Year Seminar	3	Professional Presentations	3
College Writing	3	ENG 120	3
Math for Health Professions	4	Strength Training & Conditioning	2
Intro to Exercise Science	3	Anatomy & Physiology	2
Intro to Cell & Molecular Biology	4		3
TOTAL	14 credits	TOTAL	15 credits
SOPHOMORE YEAR			
FALL Courses		SPRING Courses	
Core	4	Core	3
Core	4	Core	3
Intro to Psychology	2	Certified Personal Training	4
Fitness Formats & Trends	4	Motor Learning and Control	3
Anatomy & Physiology II	3	General Chemistry I	4
TOTAL	17 credits	TOTAL	17 credits
JUNIOR YEAR			
FALL Courses		SPRING Courses	
Core	1	Core	4
Organic & Biochemistry	4	Core	3
Statistics	4	Exercise Testing and Prescription	4
Kinesiology and Biomechanics	3	Care and Prevention of Athletes	3
Health Care Teams - Evidence Based Practice	1	Core	3
TOTAL	17 credits	TOTAL	14 credits
SENIOR YEAR			
FALL Courses		SPRING Courses	
Core	3	Core	3
Modern Health & Wellness	2	National Trends of Disease	2
Health Care Teams: Opportunities and Challenges with Special Populations	1	Health Care Teams: Opportunities and Challenges with Special Populations	1
Fieldwork	2	Nutrition Principles	4
Health Psychology	4	Capstone	1
Exercise Physiology	3	Fieldwork	4
TOTAL	15 credits	TOTAL	15 credits

UPDATED OCTOBER 2024

This example plan is intended to outline the number and types of courses a student might take in order to fulfill the degree, major, core and elective requirements to graduate. Students meet with their academic advisor each semester to review progress toward fulfilling their degree requirements.